



National Nutrient Database for Standard Reference
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Statistics Report 35193, Agave, cooked (Southwest)

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	65.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Energy	kcal	135	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Energy	kJ	563	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Protein	g	0.99	--	--	--	--	--	--	--	--	Calculated or imputed	35192	05/2006
Total lipid (fat)	g	0.29	--	--	--	--	--	--	--	--	Calculated or imputed	35192	05/2006
Ash ¹	g	1.32	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Carbohydrate, by difference	g	32.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Fiber, total dietary ¹	g	10.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Sugars, total ¹	g	20.87	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Sucrose ¹	g	1.72	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	1.58	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Fructose ¹	g	17.57	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Lactose ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Maltose ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Galactose ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Starch ¹	g	0.24	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Minerals													
Calcium, Ca ¹	mg	460	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Iron, Fe ¹	mg	3.55	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Magnesium, Mg ¹	mg	39	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Phosphorus, P ¹	mg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K 1	mg	59	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Sodium, Na 1	mg	13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Zinc, Zn 1	mg	0.25	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Copper, Cu 1	mg	0.112	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Manganese, Mn 1	mg	0.142	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Selenium, Se 1	µg	0.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Thiamin 1	mg	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Riboflavin 1	mg	0.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Niacin 1	mg	0.162	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid ¹	mg	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin B-6 ¹	mg	0.087	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Folate, total ¹	μg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Folate, food	μg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Folate, DFE	μg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Choline, total ¹	mg	8.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Betaine ¹	mg	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Vitamin A, RAE	μg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta ¹	µg	68	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Carotene, alpha ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Cryptoxanthin, beta ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin A, IU	IU	113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Lycopene ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin E (alpha-tocopherol) ¹	mg	0.36	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Tocopherol, beta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Tocopherol, gamma ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Tocopherol, delta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009

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Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ¹	µg	4.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Lipids													
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Amino Acids													
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Flavonoids													
Proanthocyanidin													
Proanthocyanidin dimers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Nutrient Content of Agave, 2002 Beltsville MD

²Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation, 2003 J. Agric. Food Chem. 51 pp.7513-7521